

PROGRAM
OVERVIEW



Intuitive Eating Mindset

Melissa Smith, Registered Dietitian

Say Hello to Food Freedom



ONLINE INTUITIVE EATING & MINDSET COACHING

Transform your health through my 1:1 coaching.
Heal your relationship with food and your body.

It's time to ditch diets, bingeing & guilt for good!

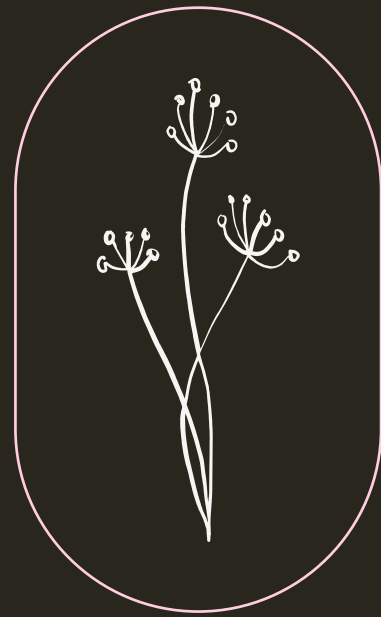
Research shows that 95% of dieters regain weight within 1-3 years. Diets are unsustainable and don't work. Yo-you dieting and weight cycling negatively impacts metabolic health. Diets take us further away from connection to our bodies. Let's reconnect through mindful practices and intuitive eating.



4 Pillar Framework



HOW MY INTUITIVE EATING MINDSET PROGRAM HELPS YOU BREAK FREE



Pillar 1:
Mindset Coaching

Pillar 2:
Intuitive Eating Coaching

Pillar 3:
Mindful Movement

Pillar 4:
Gentle Nutrition



Pillar 1:

MINDSET COACHING

I show you how to take action and apply my method so that you can achieve success. In this pillar you will identify your blind spots improve them with a growth mindset, let go of limiting beliefs, build a loving and empowered relationship with yourself, and make forward progress setting smart goals maintaining a work-life balance.



Pillar 2:

INTUITIVE EATING COACHING

I teach you the 10 principles of intuitive eating so that you can repair your relationship with food and become an intuitive eater. End dieting for good and learn to rely on your body's intelligence so that you know when to eat and what to eat. Eliminate guilt and eat with joy!



Pillar 3:

MINDFUL MOVEMENT

Let's make movement fun again. There are a lot of barriers to exercise and I want to help make break some of those down. Mindful movement is about connecting to your body and your needs. Discover a new empowering approach to movement.



Pillar 4:

GENTLE NUTRITION

I provide you with the evidenced-based nutrition recommendations to keep you well nourished. I also provide quick and easy meals and snacks so that you have balanced options for you and your family.



3 Month Program

\$999 (payment plans available)
The Program includes:

60 Minute 1:1 Coaching Calls:

We'll identify the root of your food & body image struggles to break free from the patterns holding you back.

Goal Setting & Accountability:

Know exactly what success looks like & finally put an end to overwhelm.
Accountability with goals - build confidence.

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x		x
5x	x	5x



3 Month Program



Unlimited Messaging Support

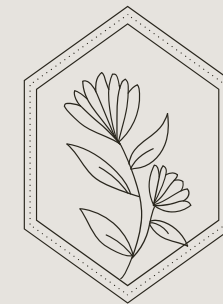
You don't have to wait for our next scheduled session if you are struggling, get help when you need it.



INTUITIVE

60 Min Mindset Session

A monthly 1h mindset transformational session to heal food and body related blocks

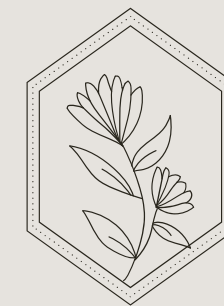


EATING

60 Min Nutrition Session

A monthly 1h session to reinforce the change and learn evidenced-based nutrition principles

MINDSET



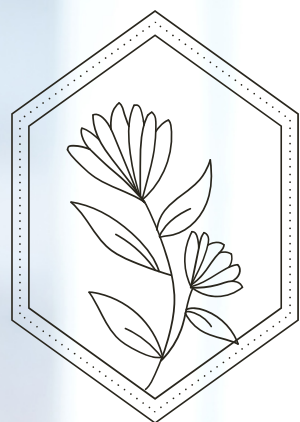
Ongoing Accountability

A weekly accountability check-in to establish weekly goals, next steps, track progress and celebrate wins



Enroll Now

[CLICK HERE TO APPLY](#)





About Melissa Smith

REGISTERED DIETITIAN & MINDSET COACH

I know what it feels like to be at war with your body and with food. Like you, I've struggled with all the fad diets. I wasted so much mental energy and time calorie counting and obsessing over food just to feel exhausted, hangry, and out-of-control around food.

After getting my MBA and becoming a dietitian, I discovered intuitive eating which lead me to heal my relationship with my body and make peace with food. The war against food was over. By repairing my relationship with food, I healed in many ways.

Through intuitive eating, I honored my own body by listening to its needs, nourishing it, and appreciating it. For the first time I stopped chasing after external validation and grew inner confidence and compassion for myself. Intuitive eating gave me the food freedom and energy I needed to focus on my loved ones, my business, and my purpose .

Now I teach women to move and to eat in enjoyable, nourishing ways. With my 4-pillar framework, I help you gain clarity and confidence in your food choices and your body. Tap into your body's intelligence and transform your relationship with food so you can feel great every day.

